

NDSU 800m training

USTFCCCA Convention, 2013

2003-2012training.

- Andy Moen, Kinsey Coles, Jedd Danielson, Ross Schilling, Cody Halsey, Laura Hermanson, Eric Stroh, Christine Schmaltz, Brittany Schanandore.
- All of the above ran XC. Men ran between 40-70 mpw in the fall. Women ran between 40-60 mpw.
- All ran on the 4 x 400m relays in the spring. Mileage was 50 – 35 mpw during the indoor season and tapered down to the 40 - 25 mpw in the spring.

Eric, Christine, & Laura,

1:47.60, 2:01.17 and 2:01.24 respectively.

Typical indoor training schedule.

- **Monday;** 2 x 5', 2 x 2'30, 3 x :75, 3 x 200m (:90 R) {*AT pace, 5k pace, mile to 800m pace*}.
- **Tuesday;** 20' am, 40' pm run, 4-6 x 100m striders.
- **Wednesday;** 3 x 4 x 400m @ *mile pace*, (:75 & 3' R)
- **Thursday;** same as Tuesday. **Friday;** pre-meet = 30' run and 4 x 100m, 3 - 4 x 30m off the start.
- **Saturday;** Race. **Sunday;** 40' to 60' Run.

Indoor, continued.

- **Monday;** 2 x 5', 1 x 3'45, 2 x 2'30, 2 x :70, 2 x 200m. (:90 R) {AT pace, 5k pace, 3k pace, mile to 800m}
- **Tuesday;** 50' to 60' Run
- **Wednesday;** Starts off the line = 5 x 30m., 3 x 4 x 200m @ 800m pace. 1' R b/w reps and 3' b/w sets).
- **Thursday;** 20' am, 40' pm run. Striders; 4-6 x 100m.
- **Friday;** pre-meet = 30' run, striders; 4 x 100m. Starts off the line; 3 x 30m.
- **Saturday;** Race.
- **Sunday;** 50' to 60' Run. (If it's been a long weekend, then shorten the run and go 60' on Monday).

2 week Outdoor schedule.

April.

- Monday; 40' to 50' Run
- Tuesday; 2 x 8 x 200m @ mile pace, (:50 R & 3' jog R)
- Wednesday; 20' am run, Pm; Circuit = 30'.
- Thursday; 5 x 30m starts off the line, 5 x 400m @ 1k pace, (4' – 5' R)
- Friday; pre-meet = 30' Run
- Saturday; RACE.
- Sunday; Rest or easy run of choice.

•

•

Outdoor con'd.

- Monday; 3 x 2'30, 2 x :70, 3 x 200m (:90 R) {3k pace, mile pace, 1k pace}.
- Tuesday; 20' am, 30' pm run, striders; 6 x 100m
- Wednesday: 4 x 200m, 3 x 150m (:90 R & 3' R) {200's @ 800m pace, 150's @ 400m pace}.
- Thursday; pre-meet = 20' Run, etc.
- Friday & Saturday; Drake Relays.
- Sunday; Rest or easy run of choice.

Leading up to Championship competitions; (May)

- **M**; 40' run
- **T**; 20' am run, **Pm**- 2 x 7 x 200m @ mile pace, (:50 R b/w reps, 3' jog b/w sets).
- **W**; 2 x 400m, 3 x 200m, 4 x 100m (1k pace for the 400's, 3' R b/w reps, 200's and 100's at 800m pace, :90 R)
- * **Th**; 20' Run, 4 x 100m @ 600m pace.
- **F**; Tune-up Race. (400 or 800)
- **Sa**; 40' Run, last 10' up-tempo, 3' rest, 4 x 150m @ 800m pace.
- **Su**; REST or easy run of choice.

Prep going into NCAA's and USA's.

- Su; 15' to 20' easy shake-out
- M; 1 x 400m fast. 8' rest, 4 x 100m @ 400m pace, walk back rest = 2' to 2'30.
- T; (300-200-200) x 2 @ 800m pace. (:2' to :90 R b/w reps, 4' to 5' R b/w sets)
- W; 20' Run, starts off the line.
- Th; RACE
- F; RACE
- Sa; Shake-out
- Su; RACE.

Con'd prep for Championship Racing.

- M; 25' to 30' run
- T; 3 x 400m, 3 x 200m, 2 x 100m (400's at **mile pace**, :90 R, 200's @ **800m pace**, :75 R, 100's @ **400m pace**,
- W; 2 x 400m, 3 x 200m, 4 x 100m (**same paces as Tues**).
- Th; 20' run, 5 x 100m @ **800m pace**.
- F; 2 x 500m @ **slightly faster (:02-:03) than 800m pace**, 10' R, 3 x 150m @ **400m pace**. 3' R.
- Su; Rest or easy run of choice.

What they teach us;

- Kinsey. 1st year XC. Griak 1st xc meet ever watched.
- Kinsey. 4 x 400m @ ncaa's div. 11 meet.
- Laura. Can I get the school record? 4 x 400m @ wake forest open.
- Christine at the Drake Relays. Semi-finals @ USA's.
- Eric on our way to L.A.
- Jedd. Did I go under?
- Brittany Schanandore. Speech at team meeting.
- Cody. Admiral Halsey. Tom Landry.
- Andy Moen. 4 x 400m, Put me last.

•

•